

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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"Leadership, Partnership, and Championship"

Biological, chemical weapons: Arm yourself with information

Bioterrorism, Germ Warfare, Chemical Agents. All are names for a different type of warfare in which the enemy is invisible, microscopic and deadly.

Experts say the average American's risk of exposure to biological and chemical agents is low, although the risk exists. What can you do to protect yourself and your family against the likes of anthrax or other bacteria, viruses and chemicals that someone might use as weapons? Your first line of defense is not to panic but to arm yourself with information.

Microbiology and infectious disease experts say that the germs of greatest concern include those that cause anthrax, smallpox, plague, botulism and tularemia, and nerve gases.

For additional information visit: <http://www.mayoclinic.com/findinformation/conditioncenters/invoke.cfm?objectid=832829DC-9081-4506-BB736DDDD8192F8F#Anthrax>

Mark your calendars for 30 Jan 02: Post-Deployment Health Evaluation and Management CPG Satellite Broadcast

"Implementing the DoD/VA Post-Deployment Health Evaluation and Management Clinical Practice Guideline in Primary Care" will be presented on Wednesday, 30 January, 2002 from 1300-1500 Eastern Time. Target audience: all members of the direct care system and the operational medical environment primary health care team, to include both providers and allied health personnel. Available by satellite broadcast, closed circuit military TV networks, internet and video teleconference. Contact your facility satellite/technical coordinator to register your facility. VTC will be broadcast at a MINIMUM bandwidth of 384. For further information, contact Jan O'Quinn at (210) 221-6527 or DSN 471-6527 Email: jam.oquinn@cen.amedd.army.mil.

Coping Resources

Getting back to normal, and into familiar routines and positive habits are good strategies to deal with uncertainty!

Additional resources available on the web are from National Mental Health Association <http://www.nmha.org>

U.S. Health and Human Services Disaster Mental Health <http://www.mentalhealth.org/cmhs/EmergencyServices/after.asp>

First Gov <http://www.firstgov.com>

Heads Up! We will be moving in February

Navy Environmental Health Center (NEHC) is scheduled to move to Building 215 on the Naval Medical Center Portsmouth (NMCP) Compound on 11 February 02. NEHC will remain an independent command. We will be moving from our rented office space in Norfolk, VA onto the NMCP Compound in Portsmouth, VA. Building 215 is the "old hospital" now being converted into office spaces. The Health Promotion/Population Health Directorate will be located on the 11th floor. We should know our new phone numbers approximately 1 month prior to the move. Once we have the phone numbers, we will send a message out to our customers and update our web page.



Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving bigger and better.

-Brian Tracy